



We'll start sitting earlier than usual this coming Saturday. There will be two periods of *zazen* (seated meditation) beginning at 5:30 a.m., with a period of *kinhin* (walking meditation) in between at 6:10 a.m., and morning chanting following at 7:00. You may think, "Oh, that's too early for me", but you should give it a try, and you can always nap later. The rest of the Saturday schedule will be as usual, with another period of sitting at 9:10 and the Dharma talk at 10 o'clock. Afterwards, there will be fistfuls of cookies for your enjoyment! Everyone is welcome...